



Free Thanksgiving movie tomorrow
"Tim Burton's Corpse Bride"
7 p.m. at the base theater
Free soda and popcorn provided



Vol. 10, No. 47 • November 23, 2005 | Lajes Field, Azores, Portugal | Ready to Fight and Win!





COMMENTARY

Keep others in mind during Thanksgiving

By General Robert H. "Doc" Foglesong
Commander, U.S. Air Forces in Europe

RAMSTEIN AIR BASE, Germany (USAFENS) – Sacrifice has always been a hallmark of our great nation. Around the globe thousands of Airmen, Soldiers, Sailors, Marines and Coast Guardsmen are standing watch to ensure our freedom and way of life are preserved. Take time during this year's Thanksgiving holiday to remember all those who serve in our armed forces.

Our military embodies the American values of compassion, tolerance and courage. Thank you for your hard work and dedication to our mission — we couldn't do it without your help. You provide the gift of peace and hope to

many and the promise of a secure future for others.

As we celebrate Thanksgiving with family and friends, remember those who are unable to spend the holiday season with their loved ones. Consider the sacrifices and support of our nation's military spouses, sons and daughters. We couldn't accomplish anything without their support, understanding and dedication.

I'm grateful for the opportunity to be a part of the world's greatest air and space force and work with the extraordinary men and women of the U.S. Air Forces in Europe. To all of the USAFE team — active duty, guard, reserve, civilians, contractors and family members — thanks for all you do. Your courage and unwavering dedication are a true blessing to us all. Have a safe and happy Thanksgiving holiday!

Commander's Line

Call 2-4240 or
e-mail
actionline@lajes.af.mil



The Commander's Line is your direct link to me for suggestions, kudos and as a way to work problems or issues within the 65th Air Base Wing for which you can't find another solution.

Your chain of command should always be your first option for praise or problems -- but when that's not the answer, call or e-mail the CC Line.

Col. Robert Winston
65th Air Base Wing
commander

Lajes commander gives thanks for family, troops

Col. Robert Winston
65 Air Base Wing commander

I am thankful that I live and serve a country that has freedom of religion. I am thankful that I live in a country that is ruled by the people through the democratic process. I am thankful that our country is strong enough to protect our rights. I am thankful that we have an economic system that rewards hard work and entrepreneurship. The Constitution that we are sworn to defend is the most beautiful man-made document ever written.

I love my family. I give thanks for almost 25 years of marriage with my wife. I give thanks for my two sons and for all the joy they bring me. I give

thanks for my parents who love me no matter what. Always be thankful for your family and respect them.

I am thankful for all the family members who are supporting us here at Lajes Field. The many volunteers who are making great things happen for our community deserve our thanks.

I am thankful for the team that we have here at Lajes Field. The United States is very fortunate to have Portugal as an ally. I am thankful for the leadership that the Portuguese Air Force provides here at Air Base 4 and I appreciate the professionalism and friendship of Maj. Gen. Mimoso and the Air Base 4 staff. The 65th Air Base Wing's partnership with our Azorean workers and our downtown community

greatly benefits us all.

I want to thank you, the members of Team Lajes, both military and civilian. I am thankful for the officers, commissioned and non-commissioned, who lead our wing everyday. Every member of our team has been working very hard and will continue to do so. Our country is at war and demands that we be our very best and we are answering that call. Our 65 Air Base Wing partnered with the 729 Air Mobility Squadron, AFN Detachment 6, our Port team, our commissary team, our AAFES team, our DoDDs Schools, our OSI team and our Navy construction team have worked hard to make our mission at Lajes Field successful. I am thankful for each one of you and I am proud to lead you.



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Contents of the Crossroads are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force.

The Crossroads staff encourages its readers to call, fax or e-mail with ideas or corrections. Call 535-3347 to speak to a Crossroads staff member, fax information to 535-6326, e-mail news@lajes.af.mil.

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Mentoring

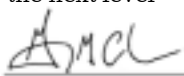
Mentoring is one of the most important things you can do during your career. As Air Force leaders, we have an inherent responsibility to develop our junior Airmen. General Creech had it right when he stated, "The first duty of any leader is to create more leaders." Mentoring is the tactical process which leads to strategic success — another generation of outstanding Air Force leaders. Mentoring is not an easy process; it takes time and serious effort. However, shaping and preparing tomorrow's leaders is one of the most satisfying aspects of leadership.

Being an effective mentor requires significant commitment and dedication. One of the significant challenges in a mentoring partnership is the scarcity of time. In today's high tempo, expeditionary Air Force, leaders must make time to share their experiences with others. Your protégés want to learn about your experiences and hear your advice. Take a proactive approach to mentoring by making yourselves available to listen to the questions and concerns of our Airmen. Mentors, always set the example! You are always on stage and your reputation hinges on your conduct and demonstrated performance on a daily basis. Finally, an ability to teach is an essential skill of a good mentor. Leverage your wisdom and experience to guide our junior Airmen to success.

A mentoring partnership is a two-way street — protégés also have a significant role. They must recognize their need for improvement and be willing to pursue growth. Seeking a mentor can be intimidating; bring your courage, be bold, and contact potential leaders both in and outside your career field. Interact with them in both formal and informal settings. Don't get locked on to only one person — find a number of mentors with varying backgrounds. Protégés must also be willing to assume responsibility. All the advice in the world is worthless unless you are willing to act. Be ready to take action after receiving and considering advice from a mentor, even if it is something hard or outside your comfort zone. Finally, protégés need to bring an established track record to a mentoring partnership. Be recognized as a leader in your field! Pursue education and seek growth opportunities — be receptive to new ideas.

Mentoring is a challenging effort which requires a significant commitment from both the mentor and protégé. Leaders, do your part by dedicating time and effort to develop our Airmen. And Airmen, pursue mentoring partnerships and act on what you learn. Mentoring partnerships should be mutually beneficial, and your personal investment is crucial to our success. If we all do our part, our Air Force will be stronger, wiser, and better prepared to take on the next challenge and foe. Let's take our Air Force to the next level — mentor!


General Doc Foglesong


CMSgt Gary Coleman

"Bring Your Courage"

Lajes Combat Special Interest Programs

Combat Flightline is a program designed to enhance flying operations by ensuring the best personnel are in the right jobs and that our resources are applied in the most efficient and effective way possible.



Good to know

Wing Holiday Party

The Wing Holiday party, "Dinner at the Winstons," is scheduled for 6 p.m. Dec. 10 at the Top of the Rock Club. Dinner will be served family style. For ticket information, contact your squadron first sergeant.

Seven-digit dialing

Lajes will be switching to 7-digit dialing in December. This means users will no longer be able to dial 2-XXXX when dialing a local DSN number. They will be required to dial 535-XXXX. Seven-digit dialing is currently available for use. Users are encouraged to get in the habit of dialing 535 when making local (on base) DSN calls.

Holiday mail deadlines

In order for cards and packages to make it to the states by Dec. 25, it needs to be sent by the following dates:

- Space-available mail: Nov. 26.
- Priority and first-class letters/cards: Dec. 10

These deadlines can be used as a ballpark for mail coming from the states as well.

The post office hours to mail items are Monday, Tuesday, Thursday and Friday 10 a.m. to 5 p.m., and Wednesday 11 a.m. to 5 p.m. Customers may pick up packages on those days until 5:30 p.m. and on Saturday from 10 a.m. to 2 p.m.

For details, call 535-3625.

Hometown News Release

If you recently made an accomplishment in your military career, fill out a Hometown News Release electronically at http://www.lajes.af.mil/base_info.html.

Events such as promotions, awards, reassignments, participation in exercises, graduation from military schools and many others meet the requirements for Hometown News coverage.

For questions, call Public Affairs at 535-6161



Combat Wingman

Wingman Wellness Day



Members of the 65th Air Base Wing Comptroller's Squadron jog in step during Saturday's wingman wellness formation run. The entire wing participated in a half day of activities focusing on the health of Airmen. (Photos by Master Sgt. Michael Featherston)



Maj. Alan Coker, Operations Support Squadron director of operations, stretches out with the rest of the wing before the formation run. After the run, troops broke up into individual squadrons for wellness briefings.

Air Force issues new guidance on PT uniform

The Air Force established a mandatory wear date of Oct. 1, 2006 for the new physical training uniform.

According to Headquarters, Air Force Personnel Center, in an effort to strike a balance between utility of wear during fitness activities and display of a professional military image, allowances have been made for wear standards during individual PT sessions.

Some of notable changes include: allowing any athletic shoe to be worn, allowing the T-shirt to be untucked, allowing additional civilian clothing items (color consistency should be reasonably compatible to support a professional military image) and no restrictive female hair standards.

For more information, contact your first sergeant.



COMMUNITY

Portuguese, Americans honor fallen allies at gravesite annually

Question

Recently a military ceremony was held at the local British Cemetery off-base. What caused the deaths of the military members who are buried there?

Answer

According to the former Commonwealth War Graves Commission's honorary supervisor, Maureen Diehl, 49 military members are buried in the British Cemetery, of whom 34 are British.

The other deceased, include seven Canadians, two Australians, four service members from the former Czechoslovakia and one armed forces member each from New Zealand and Poland.

Some of these military members were killed in action while serving

aboard the naval vessels which were patrolling the North Atlantic, while others were crewmembers of allied aircraft that crashed on or nearby Terceira Island during World War II.

Every year, a remembrance ceremony is held at the cemetery with the presence of Portuguese and U.S. military and civilian dignitaries to honor those who died for their countries so peace could be achieved.

The cemetery was established during World War II, when British forces were stationed on Terceira and the airfield was used by British and American air forces.

Originally, the cemetery contained both British and American war graves, some of which were moved in from the cemetery in Angra do

Heroismo; but the remains of the American servicemen were ultimately repatriated.



Ask Ed

By Ed Lima
Community Relations Advisor
Call him at 2-2412 or e-mail
edlima@lajes.af.mil



The British Cemetery located one mile from base is the final resting place for several military members from England, Australia, the former Czechoslovakia, New Zealand and Poland. Each year the Portuguese and American military hold a ceremony to honor the servicemen who rest there. (Photo by Ed Lima)



Hail to the chief!

Col. Robert Winston, 65th Air Base Wing commander (left), and Senior Master Sgt. Robin McMullen, 65th Operational Support Squadron superintendent (right), celebrate Sergeant McMullen's selection to chief master sergeant with a set of novelty stripes at the Michael Passenger Terminal Nov. 9. Col. Winston, 65 ABW Command Chief Master Sgt. Laten Williams and 65 OSS Commander Lt. Col. Jack Sproul all welcomed Sergeant McMullen back to Lajes with the news. (Photo by Capt. Brad Stebbins)

Services Holiday Hours

Top of the Rock Club

Nov. 24, Thanksgiving Buffet - 11 - 2 p.m.

Dec. 24, Breakfast 8 a.m. - noon

Dec. 31, New Year's Eve

Celebration, Dinner Buffet 5:30 - 9:30 p.m., Ballroom Dance 7:30 - 3 a.m.

Jan. 1 - Closed

Child Development Center

Nov. 25 - Open normal hours

Dec 25, 26, Jan. 1 - Closed

Oceanview Island Grill

Nov. 24 - Open

Dec. 24 - Closed at 4 p.m.

Dec. 25, Jan. 1 - Closed

Dec. 31 - Closed at 4 p.m.

Fitness Center

Nov. 24 - 8 a.m. - midnight

Dec. 25 Noon - 5 p.m.

Facilities are open normal hours unless specified.

Crossroads special health feature

Part four: Making time for good health and nutrition can be easy

By 1st Lt.
Michael Hyland
65th ABW
Public Affairs

The Crossroads is featuring four articles over four issues that focus on nutrition, fitness, breaking bad habits and healthy living at the workplace. The series and focus on Combat Fitness is a resource offered to Air Force members, dependents, civilians and local nationals.

One of the biggest excuses people give for making unhealthy choices is "no time." Sometimes you don't have 40 minutes to cook up a pot of whole wheat pasta, cut fresh tomatoes for the sauce and steam green beans for a vegetable serving.

In the same respect, with taking care of the children and working overtime all week, you don't have time to hit the gym for 30 minutes of cardiovascular training and 20 more minutes of weights. Well, the excuses will be all gone in a few paragraphs.

Capt. Lisa Tauai, a registered dietician who serves as chief of the Lajes Health and Wellness Center, said when you don't have time to prepare your own meal, even fast food offers a variety of nutritious choices.

"Fast food restaurants have expanded their options a lot over the last few years. You don't have to order the greasy burgers and fries anymore," she said.

Because of the isolated location of Terceira, the options at Lajes are slimmer than normal military communities back in the United States, but healthy options are still here.

"I recommend eating the subs at Subway with seven grams of fat or less," Captain Tauai said. "You just have to watch your toppings. The oil and vinegar sauce isn't bad and either is mustard, but watch the cheese and dressings. You also want to pile on the veggies for all the nutrients."

Up the road at Burger King, healthy eaters will want to look for the grilled chicken. Captain Tauai said if you keep

off the mayonnaise and cheese, the sandwich won't pack too many calories.

"If you really need that mayo, ask for your own packet so you can control how much you put on. Make sure not to overdo it," she said.

The Oceanview Island Grill also can be "Captain Tauai-approved" with the right decisions at the cash register.

"The veggie burger is very low in fat," she said. "You want to limit your ketchup and lose the cheese. Pile on the mustard because there's barely any calories."

"You can also order a pizza with half the cheese. Make sure to load on the veggies."

She said whenever choosing chips, make sure to order the baked versions to cut down excess calories. She said never order regular soda with your meal because of the empty calories. Water is the best, but diet soda will also suffice. She stressed that the most important thing to remember when eating fast food is to watch the portions and eat slowly.

When you don't even have time for fast food, consider a meal replacement bar. Captain Tauai said a variety can be found at the Lajes Commissary, but make sure to look at the nutrition facts on the back to see if the bar provides enough nutrients and limited saturated fat.

For further information on healthy eating options around Lajes, contact Captain Tauai at 535-3889

If you can't work adequate time for nutrition into your schedule, you might not be able to work in fitness either. Sr. Ricky Baptista, 65th Air Base Wing Fitness Program manager, said you can even take advantage of five minutes of

free time on the job to work on your fitness.

"I highly recommend stretching at the office," he said. "Some units at Lajes even come out hourly to do pushups."

Sr. Baptista said if you take a few minutes from hour to hour to perform a set of stretches or pushups, you will see fitness benefits.

Another strategy while on the job is

to take a more active approach to your work.

"If you live on base, walk to work. Walk to lunch. Walk everywhere," Sr. Baptista said. "Instead of sending an e-mail, go talk to someone in person. I try to limit my e-mails to 20 a day and take a

"You can do a lot of exercises at home. You don't need fancy equipment. Doing body weight exercises will get the job done."
- Sr. Rickey Baptista

walk for the rest."

Other options are to sit on a core stability ball instead of a chair, keep small exercise equipment in your office and set a reminder on your computer to get up and walk around once every hour.

The gym isn't the only place you can go for a complete workout session.

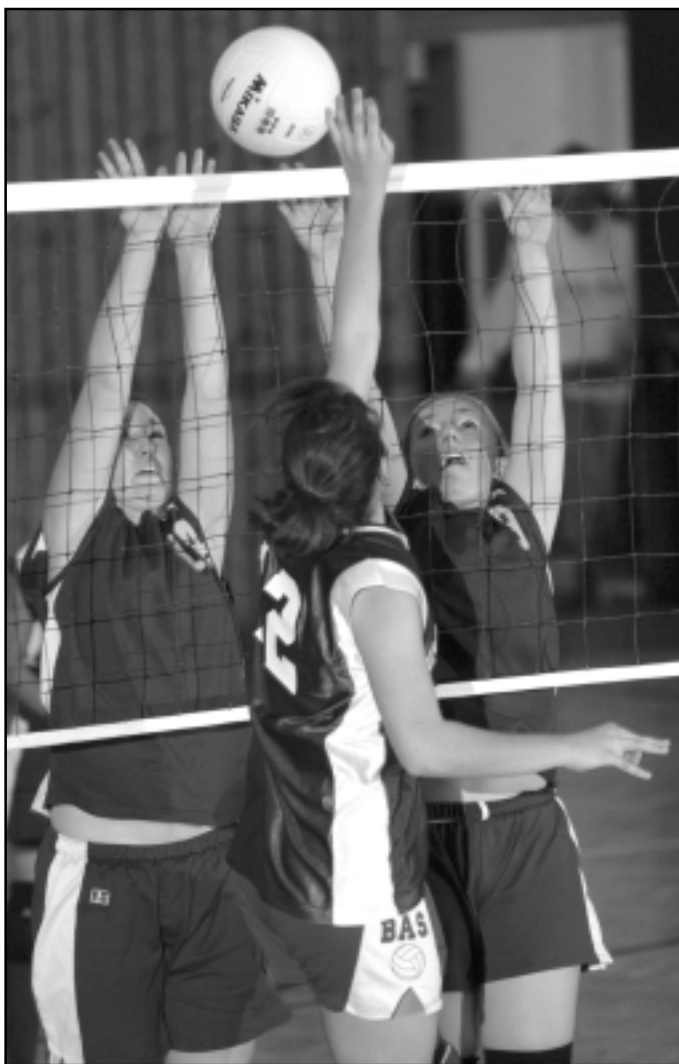
"You can do a lot of exercises at home," Sr. Baptista said. "You don't need fancy equipment. Doing body weight exercises will get the job done."

He said pushups, dips, lunges, squats and pull-ups are all good body weight exercises that you don't need the fitness center for.

For help in getting your home exercise program started, contact Sr. Baptista at 535-3889.

Optimal fitness and nutrition will not happen overnight; results build up gradually. The most important thing to remember is to allow yourself room for error. If you miss a workout or eat unhealthy one day, don't be discouraged; just climb back on track the next day and keep working. Your body will thank you.





Lajes High School's Colleen Koonst, left, and sister Alaina Koonst leap to block the shot of Brussels High School's Christine Exner in a quarterfinal game of the DODDS Europe volleyball championships in Kaiserslautern, Germany, Nov. 4. (Photo by Raymond Conway, used with permission from the Stars and Stripes DoD publication)

HS volleyball team takes 3rd in European tourney

By Kurt Miller
Lajes High School

The Lajes High School Girls Volleyball team capped off a successful season by decisively defeating Incirlik High School in the Division IV consolation game at Ramstein, Germany Nov. 5.

This was the first time the Lajes Volleyball team has ever placed at the European High School Championships.

This was a season of transformation, which saw a group of 12 individuals grow and change into a true team. The character, tenacity, and work ethic the girls brought to the court transformed them into a team, which truly was greater than the sum of its parts.

The team closed out the season scrimmage series with the

See Tourney on next page

ARMCHAIR QUARTERBACK CHALLENGE

Each week during football season, the Crossroads publishes a list of the National Football League games of the week for Team Lajes to predict. The person with the most correct picks will win free movie passes (admit two), \$3 off any Burger King purchase and a "rent-one-get-one free" at the Shoppette donated by AAFES.

The number one-ranked Armchair Q.B. each week will get his or her name and photo published in the Crossroads and we'll also print any smack talk the winner chooses to submit. Congratulations to week 10's winner, **Bradley Hofstetter**. It was very close, but he pulled it off with his Monday night score total. The Crossroads staff decided that in the spirit of the holidays, we will not disclose the "You don't know Jack" winners - there were a few of them this week. The guilty parties certainly know who they are though.

Players can bring picks to the Public Affairs office in room 240 of Bldg. T-100 or e-mail them to lajesnews@lajes.af.mil. **This week's deadline is tomorrow at 3 p.m.** In the case of a tie, a winner will be decided by who picks the closest combined score of the Monday Night game.



Bradley Hofstetter

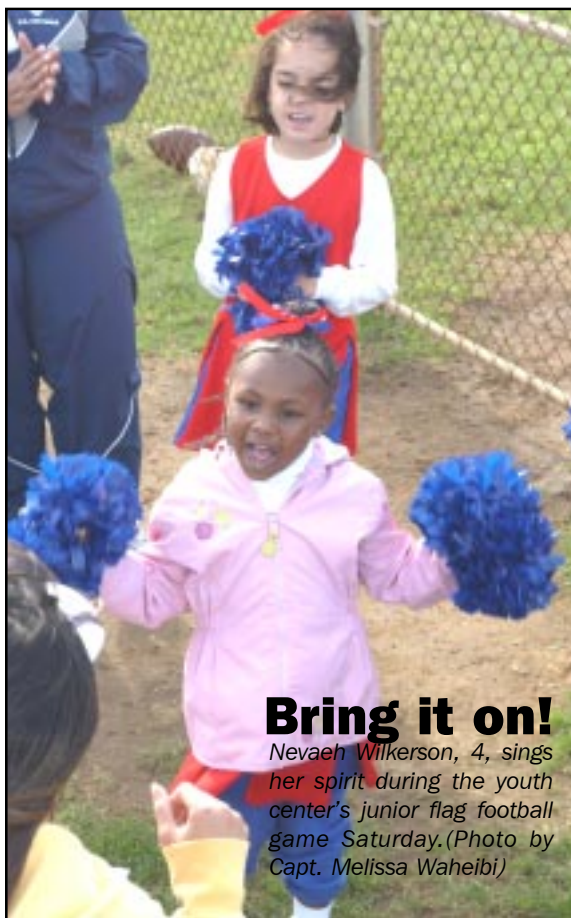
"Cudas two weeks in a row, keep up the streak."

- | | | |
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| <input type="checkbox"/> | Detroit Lions vs. Atlanta Falcons | <input type="checkbox"/> |
| <input type="checkbox"/> | Denver Broncos vs. Dallas Cowboys | <input type="checkbox"/> |
| <input type="checkbox"/> | St. Louis Rams vs. Houston Texans | <input type="checkbox"/> |
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| <input type="checkbox"/> | NY Giants vs. Seattle Seahawks | <input type="checkbox"/> |
| <input type="checkbox"/> | Green Bay Packers vs. Philadelphia Eagles | <input type="checkbox"/> |
| <input type="checkbox"/> | New Orleans Saints vs. NY Jets | <input type="checkbox"/> |
| <input type="checkbox"/> | Pittsburgh Steelers vs. Indianapolis Colts | <input type="checkbox"/> |

Total Points for Monday's Game: _____



PLANNER



Bring it on!

Nevaeh Wilkerson, 4, sings her spirit during the youth center's junior flag football game Saturday. (Photo by Capt. Melissa Waheibi)

At the movies



Today: 7 p.m. "Flight Plan" - Starring Jodie Foster, Kyle Sarsgaard, PG-13, 98 min.

Tomorrow: 7 p.m. Free Project CHEER screening of "Tim Burton's Corpse Bride" - Starring Johnny Depp, Helena Bonham Carter, PG, 76 min.

Friday: 7 p.m. "The Greatest Game Ever Played" - Starring Shia LaBeouf, Stephen Dillane, PG, 115 min.

An amateur player from a working class family, Francis shocked the golf world when at the 1913 U.S. Open, flanked by his 10-year-old caddie, he defeated his idol, the defending British champion Harry.

9 p.m. "Serenity" - Nathan Fillian, Alan Tudyk, PG-13, 119 min. Captain Malcolm Reynolds, a hardened veteran on the losing side of a galactic

civil war, now ekes out a living pulling off small crimes and transport-for-hire aboard his ship, Serenity. When Mal takes on two new passengers - a young doctor and his unstable, telepathic sister - he gets much more than he bargained for.

Saturday: 7 p.m. "An Unfinished Life" - Starring Robert Redford, Morgan Freeman, PG-13, 108 min.

Still in shock from his only son's death a decade ago, Einar has let his ranch fall into ruin along with his marriage. Now, Einar spends his days caring only for his hired handyman and last trusted friend, Mitch, who was gravely injured in an encounter with a grizzly bear.

Sunday: 2 p.m. "Serenity" 7 p.m. An "Unfinished Life"

Wednesday: 7 p.m. "Serenity"

Thursday: 7 p.m. "The Greatest Game Ever Played"

Classifieds

Submit ads via e-mail to news@lajes.af.mil. Ads are due by 5 p.m. Friday. Please remember to notify the Crossroads when items have been sold.

1988 Nissan Bluebird 1.6 for sale, inspection good until Jun 06, in excellent conditions. New suspension, tires and water pump. 4 doors, power locks, windows and trunk. \$1,800 obo. Call 963672715.

1995 Subaru Legacy Automatic, 4dr, AM/FM Cassette \$2,000 OBO Available NOW. 295-549-605 or kevinkite@softhome.net

FOR SALE: 1990 Red, Volkswagen Jetta Tons of new parts Large Trunk Radio Runs Great Cheap!! \$1900 Contact Jen @ 295-549-552

1990 Volvo 240 automatic, power windows and locks, great second car, 4-door, inspection good until Jan 06. \$600 obo. Call 295 549 727

NANNY-HOUSE KEEPING-BABYSITTING Diana is an excellent nanny and is now available. She can read, write, and speak English fluently. She is warm, honest, reliable, flexible, and most importantly, bonded with my son immediately. She is also available for house keeping or babysitting. She has experience working for families on and off base and comes with references. If you would like further information you can contact me at jenkephardavis@yahoo.com or call Diana directly at 963516249.

Nanny Available: Honest, reliable, and respectful nanny available in the new year First language English, also speaks Portuguese. Experienced, with excellent references. E-mail ashleytaylor@2die4.com or call (416) 354-2630 (Canada)

Kittens, yellow-striped, one peach colored, six weeks old, free to good homes. One calico, one grey-striped, slightly older, former strays, in good health. Will help with shots and chips if it means finding good homes for these darlings. Call 965 480 769

Please take a kitty! Female calico, black & white male. Fixed felines very nice that will rid your house and yard of mice! Please take a kitty! Ms. Trudell 295-515-742

Tourney from Page 7

Portuguese orphanage on 27 Oct 05. Playing the Portuguese turned out to be vital to the team's success in the European Championships.

The base-league season finished Oct. 31, with the high school team going 4 and 1. While success in terms of wins and losses was not great, what the girls learned in those games was invaluable in terms of shaping the team.

The team played four pool play matches in the span of eight hours Nov. 3 in Kaiserslautern, Germany. At the

end of this grueling play, the girl's success in battling back to push two different matches to three games. The action proved critical to gaining the 3rd seed in pool B.

They played Brussels Nov. 4 in the quarter-finals and defeated them in three games. Lajes then lost to a talented Milan team in the semi-finals. The consolation game on Nov. 5 was a grudge match in which the girls crushed Incirlik in two straight games, 25-20 and 25-17.



Play time

Six-year-old Kane Hollingsworth pounds a tetherball during recess at Lajes Elementary School Friday. (Photo by Capt. Melissa Waheibi)